

March - April 2005

LOMA LINDA UNIVERSITY MEDICAL CENTER

A Healthy Tomorrow

Information for a Healthy Lifestyle Today



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Find Pain Relief and Mobility with Knee Replacement. See page 2

KNEE REPLACEMENT Provides Pain Relief, Mobility



Severe knee discomfort can make it hard to climb stairs, shop, or even sleep at night. This pain is the main reason people decide to replace their knee with an artificial one.

Knee replacement surgery relieves pain in more than 90% of patients. Within months of surgery, most patients can play golf, drive a car, or go for a long walk again.

Are You a Candidate?

Most people who undergo knee replacement have severe arthritis or other major knee problems, such as a tumor. Your doctor may request tests to see how much your knee is damaged.

Surgery is only a consideration after other treatments, such as exercise and medicine, have failed. Other factors also weigh into knee replacement surgery:

- **Your age.** The operation is performed on people of all ages. But artificial knees last about 10 to 15 years. A person age 65 or older can expect to have it for a lifetime. But a younger person may need to undergo a second surgery.
- **Your health.** Heart disease and other

conditions should be under control before surgery. Obese adults may need to lose weight before surgery.

■ **Your commitment to recovery.** For successful rehabilitation, you will need to follow a strict exercise schedule for several weeks.

Motion Is Key to Recovery

Battling stiffness and soreness is important after surgery. You may be encouraged to

move around with a walker the day after surgery. You'll also be taught various exercises to improve strength, flexibility, and range of motion in your knees.

Pain medications will help relieve any remaining discomfort. Other complications, such as blood clots or an infection, are rare.

Most people leave the hospital within four to five days. But, you'll need to continue your exercises at home. ●



Free Seminar on Arthritis Meet Your Surgeon

When: Second Wednesday of each month
March 9 and April 13, 10:30 to noon

Where: Loma Linda University Medical Center East Campus,
Meridian Room, 25333 Barton Road, Loma Linda

Meet Dr. Thomas K. Donaldson, Director of the Center for Joint Replacement, and hear him speak on the topic of arthritis and joint replacement surgery. He is board certified in orthopaedic surgery and holds a membership in the American Academy of Orthopaedic Surgeons, the American Association of Hip and Knee Surgeons, and is a Fellow of the American College of Surgeons.

To RSVP for a free seminar, call 1-877-LLUMC-4U.

Visit us on the web at www.llu.edu/llumc/cjr

The Big Comeback: Life After a Heart Attack

Nine out of 10 women don't know that heart disease kills more women than any other illness. Another alarming fact, having one heart attack triples the likelihood of having another. What's more, after a heart attack, women face higher risks than men. For example, compared to men, more women will have a second heart attack within six years of their first. And within one year after having a heart attack, a woman's risk of dying is 33% greater than a man's.

But that first heart attack also can be a lifesaving wake-up call to make healthy lifestyle changes. These new habits radically improve the odds of preventing future heart attacks:

1. Get moving. Your doctor may suggest a stress test to develop an exercise plan



for you. Eventually, you should get some brisk exercise, such as walking, for at least a half hour on most days of the week.

2. If you smoke, quit. Within two years, you could reduce your heart attack risk by one-third. More than half of the women who suffer heart attacks before age 50 are recent or current smokers. Yet one in five heart attack survivors continues smoking.

3. Drop excess weight. Every little bit counts. Losing as little as 10 pounds could reduce your risk for another heart attack. Extra pounds make your heart work harder, raise your blood pressure, increase "bad" cholesterol, and reduce "good" cholesterol.

4. Control your blood pressure and cholesterol. Many women who suffer a heart attack are found to have previously undiagnosed high blood pressure or high cholesterol levels.

5. If you have diabetes, manage your blood sugar.

6. Find ways to decrease—and deal with—stress.

7. If necessary, seek treatment for depression. Women, especially, suffer depression after a heart attack.

Untreated depression boosts the risk for having another heart attack.

8. Ask your doctor whether you should take aspirin or any other medicine as a preventive measure. ●

Hope for Recovery—The Mended Hearts, Inc.

Mended Hearts is a support organization composed of heart patients, spouses, health professionals, and other interested persons with a particular interest in helping people deal with the emotional recovery from heart disease. Visit www.mendedhearts.org for a local chapter in your area. For the Mended Hearts, Inc. Chapter #34 Loma Linda University Medical Center, call 1-877-LLUMC-4U.

Lend a Helping Hand

National Volunteer Week April 17 to 23

Whatever your skills, chances are, there's an organization that can put them to good use. You may get as much out of volunteering as do the people you help.

There are many opportunities for volunteerism at the Loma Linda University Medical Center (LLUMC) and Children's Hospital (LLUCH). The hospitals rely on volunteers for many day-to-day tasks. Volunteering at the hospital is open to any person who qualifies and meets the requirements.

Tom Hartman is a volunteer at LLUMC and LLUCH and has contributed over 5,660 hours, while others like Andrea Biehler provides each patient a few moments of escape through music.

The Department of Volunteer Services at LLUMC and LLUCH welcomes interested individuals to attend an information/orientation session. Requirements of volunteering and other information are provided. Future sessions are as follows:

Children's Hospital:

Monday, May 2, 5 to 8 p.m.

Medical Center:

Tuesday, May 24, 3 to 6 p.m.

Please call 1-877-LLUMC-4U to receive more information.



Can You Improve Your Body Image?



“My hips are too wide.” “My nose is too big.” When you look in the mirror, do you like what you see? A positive body image means you accept and feel good about the way you look.

Most people don’t like something about their bodies. But when discontent becomes deep unhappiness, you may experience problems with academic performance, career, or personal relationships. A negative body image also can increase risk for depression, anxiety, social phobias; and it has been linked to eating disorders, such as anorexia or bulimia, which can have serious health consequences.

Experts say the best way to turn a negative body image into a positive one is to change negative-thinking. Here are some tips to help:

- Much of our appearance is determined by genetics. Remind yourself that you

only have so much control over your height, weight, facial characteristics, and body shape.

- Gradually help yourself adjust to situations that make you uncomfortable.
- Understand that happiness is not linked to your appearance, but to your self-esteem—your evaluation of your worth as a person.
- Seek out activities that focus on how your body feels rather than on how you look.

Give yourself time to change your body image. You may want some help from a counselor or a therapist to get you going. As you learn to accept yourself from head to toe, you’ll begin to like what you see in the mirror.

The Eating Disorder Program at Loma Linda University Behavioral Medicine Center (LLUBMC) provides a caring and nurturing environment for

both patient and family. It is a place where patients can begin to break free from the bondage of their eating disorders. The program features:

- Free assessments for anorexia and bulimia as well as depression, anxiety, and substance abuse
- Outpatient treatment and an ongoing support group for adolescents and adults
- Highly trained staff that includes a psychiatrist, clinical therapist, registered dietician, registered nurse, and others

**February 27 to March 5
National Eating
Disorder Awareness Week.**

Call 909-558-9275 to make an appointment for a free assessment or to receive a brochure about the LLUBMC Eating Disorder Program.

RECIPE: Wheat Berry Waldorf Salad

This high-fiber salad is loaded with nutrition.

- 4 cups water
- 1 cup wheat berries
- 1 Gala or McIntosh apple
- 1 Granny Smith apple
- 2 Tbsp. walnuts, toasted and chopped
- 1 celery stalk, sliced thin
- $\frac{2}{3}$ cup packed fresh mint leaves
- $\frac{1}{2}$ cup dried cranberries
- $\frac{1}{4}$ cup golden raisins
- 2 scallions, chopped
- 3 Tbsp. rice vinegar or fresh lemon juice
- 3 Tbsp. fresh orange juice
- $\frac{3}{4}$ tsp. freshly grated orange peel
- $\frac{1}{4}$ tsp. salt (optional)



In a saucepan, bring the water to a boil and add the wheat berries.

Simmer, covered, $1\frac{1}{2}$ hours, or until tender.

Drain the wheat berries in a colander and cool to room temperature.

Cut the apples into $\frac{1}{2}$ -inch chunks and toss them with the wheat berries and all the remaining ingredients in a large bowl. Serves 4.

*Recipe Source: Adapted from
www.epicurious.com*

*Nutrition Information
per serving*

*Calories: 200, Total Fat: 3 gms, Saturated Fat: 0 gms,
Cholesterol: 0 mg, Sodium: 150 mg, Fiber: 6 gms*

Diabetic Exchanges: 2 starch, < 1 fruit

Organ Donation: Making Your Wishes Known

If you've decided to become an organ donor, the most important next step is to communicate your decision to others.

You could be a lifesaver by making clear beforehand your wish to donate your organs.

- Tell your family, friends, and doctor.
- If you are at least 18 years old, fill out a DMV Donor Card—www.onelegacy.org—to be carried with your driver's license or ID card, and place a donor sticker on the front of your drivers license. If you wish, you may specify which organs you wish to donate. However, because California has no official statewide donor registry, your family will be requested to give their consent before your request is honored.
- Give a copy of your donor card to your doctor, lawyer, and a family member. Keep a copy in your wallet and in your glove compartment.

Loma Linda University Medical Center (LLUMC) Transplantation Institute

Organ transplantation has a long and successful history at LLUMC Transplantation Institute beginning in 1967 with kidney transplants, the addition of heart transplants in 1985, and advancing to include liver and pancreas transplants in 1993. Cell transplantation originated in more recent times with the addition of stem cell transplantation in 1999.

The LLUMC Transplantation Institute is the only comprehensive adult and pediatric multi-organ transplant center in the Inland Empire. The programs within the Institute have excellent survival rates, which include high-risk candidates that exceed the national average by 8 to 20%. Members of the transplant team include physicians with extensive transplant experience and board certification, and other health care staff members with advanced training.

The types of transplant programs performed at LLUMC:

- Kidney—Adult and Pediatric
- Kidney/Pancreas—Adult
- Heart—Infant, Pediatric, and Adult
- Liver—Adult and Pediatric
- Stem Cell Transplantation—Adult and Pediatric

To receive a brochure on a specific transplant program, please call 1-877-LLUMC-4U.

Foods That Help Fight Cancer

Can carrot sticks and brussels sprouts help strike down your cancer risks? Perhaps. There's evidence that eating veggies and other healthy foods could lower the chances of developing cancer later in life.

The Facts on Fruits and Veggies

Based on the research so far, fruits and veggies hold the title as the best foods that fight cancer. Studies have shown that fruits and vegetables help ward off cancers of the colon, rectum, esophagus, stomach, larynx, and mouth.

There also is evidence that fruits may lower the risk of bladder and lung cancer, while veggies may help prevent breast cancer.

What's so special about the produce section? Fruits and vegetables contain loads of vitamins, fiber, disease-fighting antioxidants, and other plant-based chemicals that may protect against cancer.

"Fishing for Alternatives"

Some research has found that eating less red meat lowers the risk of colorectal and

prostate cancer. In its place, you may want to consider choosing fish. Fish contains n-3 fatty acids, which are being researched as possible cancer fighters. These fatty acids are also found in walnuts, soybeans, and green, leafy vegetables.

Advice You Can Chew On

To gear your diet toward cancer prevention, try the following:

- Eat five to nine fruits and/or veggies a day. Add fruit to your breakfast cereal and swap dried fruits for candy.
- Choose whole-grain breads. They are rich in fiber, which may help cut the risk of colon and rectal cancer.
- Trim saturated fats by limiting full-fat dairy products and processed foods.
- Watch your weight. Being overweight can raise the risk of cancers of the breast, colon, and uterus. ●

March 28–April 3

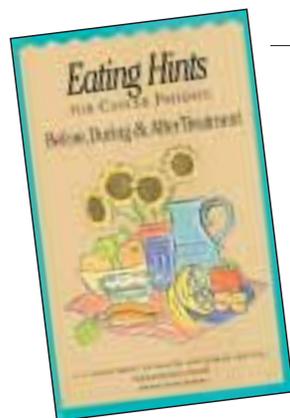
Sleep Awareness Week

Having trouble sleeping? Try these tips for a good night's rest:



- Establish a regular bedtime routine, when you go to bed and when you get up
- Avoid caffeine, nicotine, and alcohol
- If you can't sleep after 30 minutes, get up and involve yourself in something relaxing until you feel sleepy
- Keep a regular sleep/wake schedule even on weekends
- Turn off the TV and radio; maintain a quiet environment
- Make sleep a priority

To receive an informative brochure about sleep disorders and the LLUMC Sleep Disorders Center, call 1-877-LLUMC-4U.



The Cancer Resource Center

The Loma Linda University Cancer Institute (LLUCI) Cancer Resource Center is designed to bring cancer-related information to a centralized location for your convenience. The Center has a variety of resources available to help you better understand cancer prevention, early detection, the latest treatment options, research, and more. For hours and location, call 1-877-LLUMC-4U or visit them on the web at www.llu.edu/llu/ci/crc/.

To receive your free packet, *Eating Hints for Cancer Patients*, provided by the Loma Linda University Cancer Institute's Cancer Resource Center, please call 1-877-LLUMC-4U.

Classes & Events

To receive more detailed information call 1-877-LLUMC-4U.

MARCH-APRIL 2005

MEDICAL CENTER & CHILDREN'S HOSPITAL

12th Annual Foundation Gala
"Fiesta for Kids"
Sunday, March 13
Please call to register

PossAbilities Triathlon Series
Sundays, March 13, and April 3
Register at www.active.com

Joint Replacement Celebrating Pain-Free Motion
Wednesday, May 11,
10 a.m. to 8 p.m.

Head Injury and Trauma Spinal Cord Support Group
Fourth Monday of the month,
6 to 8 p.m.

Lupus and Autoimmune Disorders Support Group
Adults—Third Thursday of the month, 5 to 6 p.m.
Children—Third Thursday of the month, 4 to 5 p.m.
Self Help Course—Third Thursday of the month, 4 to 7:30 p.m.

Adult Asthma in Control
One-on-one consultations
Please call for an appointment

Pediatric and Adolescent Asthma Counseling
One-on-one consultations
Please call for an appointment

Mommy and Me Care Center
RN lactation specialists available
Please call for an appointment

Teen Connection
Second Tuesday of the month,
6:30 to 8:30 p.m.
A support and activity group run by teenagers for teenagers with cancer or blood diseases.

Gift Shops—Medical Center and Children's Hospital
You will find a great selection of gifts to choose from. We offer complimentary gift wrap and delivery in hospital
Volunteers Needed

CENTER FOR HEALTH PROMOTION

Exercise and Fitness Testing
Call for list of tests available

Lean Choices
Change your weight as you change your life
Tuesday, 6 to 7:30 p.m.

Mastering Your Weight
Continue on your road to success on Thursdays, March 24 and April 28 at 4 p.m.
Preregistration required, fee \$16

Overeaters Anonymous
Mondays at noon—bring lunch

Freedom to Quit—Smoking Cessation Plan
Tuesdays, 6:30 to 8:30 p.m.
Preregistration required

DIABETES PROGRAMS

Diabetes Support Group
First Tuesday of the month,
6:30 to 7:30 p.m.
English and Spanish

Winning with Diabetes
Morning and evening classes available, call to register
Spanish classes offered

NEUROLOGY SUPPORT GROUPS

Epilepsy Foundation Adult Support Group
Third Friday of the month from
6 to 8:30 p.m.

Epilepsy Foundation Parent Support Group
For parents with children who have epilepsy
First Friday of the month,
6 to 8:30 p.m.

HEART AND LUNG PROGRAMS

Please call for an appointment, insurance covers most of cost

Cardiac Rehabilitation
For people who have had a heart attack or heart surgery

Pulmonary Rehabilitation
For people with lung disease

Adult Heart Transplant Support Group
Third Sunday of the month
2 to 4:30 p.m.

CANCER INSTITUTE

Head and Neck Cancer Support Group
First and third Tuesday of the month from 6 to 8 p.m.

"New Dimensions" Women's Cancer Support Group
Second and fourth Tuesday of the month from 6 to 8 p.m.

DRAYSON CENTER

Nutrition: What You Really Need to Know
Six-week group nutrition class.
May 4 to June 8, 6 to 7:30 p.m.

Karate

Judo/Ju-Jitsu

T'ai chi Ch'uan

BEHAVIORAL MEDICINE CENTER

Alcoholics Anonymous
Meetings are open to the public
Daily from 6:30 to 7:30 a.m.

Chronic Pain Medication Dependency Program
For those who have become dependent on prescription drugs

Senior Psychiatry Program
A mental health treatment program for the older adult

Caring for the Caregiver
Senior education and caregiver support group
Wednesdays at 5 p.m.

FAMILY MEDICAL GROUP

Night Clinic
Monday through Thursday,
5 to 7 p.m.

Sports Medicine Physicians
Call for an appointment

SCHOOL OF PUBLIC HEALTH

Healthy People 2005
Lifestyle Science: Integrating Prevention and Intervention
March 8 and 10, 7:15 a.m. to 5 p.m.
Please call to register

Spirituality and Health 2005
Science, Discovery, and Application
May 17 and 18, 8 a.m. to 5 p.m.
Please call to register

TRANSPLANTATION INSTITUTE

Kidney and Pancreas Support Group
Please call for locations and times.

If you do not see a class or event you were looking for, call 1-877-LLUMC-4U for more information.



Keep Eye Health IN FOCUS

You can do a lot to protect the sight you rely on. Here's how:

- **Wear shades.** Sunglasses help cut the exposure to sunlight that hastens cataract formation. Look for glasses that block at least 99% of ultraviolet light.

- **Get checked for glaucoma.** The American Academy of Ophthalmology suggests an eye exam for glaucoma at least once between ages 20 and 39, checkups every two to four years between ages 40 and 64, and exams every year or two for people 65 and older. People with diabetes or other risk factors may need more frequent checkups.

- **Eat right.** A diet high in carotenoids may protect your sight. Two carotenoids in the human retina also can be found in a variety of foods. These include egg yolks, kiwi, spinach, peas, honeydew melon, apples, squash, brussels sprouts, corn, grapes, green beans, pumpkin, peppers, cucumbers, celery, scallions, orange juice, broccoli, and mangoes.

- **Exercise.** A recent study suggested



that good cardiovascular health could help prevent the development of glaucoma.

- **If you smoke, quit.** It raises your risk for cataracts as well as for macular degeneration, the leading cause of blindness in people older than age 65.

- **See an ophthalmologist.** Each year, you should have a dilated-pupil eye examination to check your retina. Get checked, too, for signs of cataracts and glaucoma.

The Ophthalmology Department of Loma Linda University Health Care

offers a full range of services for all your eye care needs. From general ophthalmic services and medical eye care, to specialty and surgical services such as the popular LASIK surgery, the department includes ophthalmologists certified by the American Board of Ophthalmology and members of the American Academy of Ophthalmology.

To receive a brochure of services and physician profiles or to make an appointment, call 1-877-LLUMC-4U. Free LASIK seminars offered first Monday of the month, 5:30 to 6:30 p.m. ●

LOMA LINDA UNIVERSITY MEDICAL CENTER
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